

# Crunchy Vegetable Burritos

**Makes:** 50 servings

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| Ingredients                                 | Weight | Measure       |
|---|--------|---------------|
| Raw sweetpotatoes, shredded                 |        | 1 1/2 qt      |
| Broccoli, chopped                           |        | 1 1/2 qt      |
| Kidney beans, drained                       |        | 1 qt          |
| Tomatoes, chopped                           |        | 3 cups        |
| Sliced green onions or chopped purple onion |        | 1 1/2 cups    |
| Canned green chilies, chopped               |        | 1 cup, canned |
| Low-fat plain yogurt                        |        | 2 qt          |
| Low-fat ranch dressing                      |        | 2 cups        |
| Chili powder                                |        | 1 Tbsp        |
| Garlic powder                               |        | 1 Tbsp        |
| Ground cumin                                |        | 2 tsp         |
| 10-inch flour tortillas                     |        | 50 each       |
| Monterey Jack or Cheddar cheese, shredded   |        | 6 cups        |

## Nutrition Information

| Key Nutrients         | Amount     | % Daily Value |
|-----------------------|------------|---------------|
| <b>Total Calories</b> | <b>305</b> |               |
| Total Fat             | 9.5 g      |               |
| Protein               | 11.9 g     |               |
| Carbohydrates         | 42.8 g     |               |
| Dietary Fiber         | NA         |               |
| Saturated Fat         | 3.4 g      |               |
| Sodium                | 516.3 mg   |               |

## Directions

1. In large bowl, combine first six ingredients. In second bowl, combine yogurt, dressing, chili powder, garlic powder and cumin. Blend well. Pour over vegetables; toss to blend.
2. Lay tortillas flat on counter. Using #8 scoop in center, top with 2 tablespoons cheese, spread evenly in center of tortilla, leaving 1 1/2 inches at bottom. Fold up bottom of tortilla to cover filling. Fold sides over filling.
3. Cover and serve chilled or heat in microwave on high for 25 seconds to serve warm. If desired, arrange in shallow pan and bake at 350 degrees F for 5 minutes.